

Strawberry Pretzel Dessert

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 25 minutes

Standing Time: 5 hours or overnight

Serves: 14-16

CChints: This recipe was very popular in the 60's and 70's. This version is lighters to fit today's tastes and diets. Sugar substitutes can be used in this receive. Make sure that you are using one like Splenda® for cooking and baking which measures cup for cup to sugar. It can be found with the baking items.



- 2 – 10 ounce boxes of frozen sliced sweetened strawberries, thawed
- 2 cups crushed pretzels (about 8 ounces)
- 3 tablespoons powdered sugar
- 2/3 cup unsalted butter, melted
- 8 ounce reduced-fat cream cheese, room temperature
- 1/2 cup Splenda® or sugar, divided
- 8 ounce fat-free or reduced-fat frozen whipped topping, partially thawed
- 20 ounce can unsweetened crushed pineapple
- 2 - .3 ounce boxes of sugar-free strawberry gelatin

Preheat oven to 400 degrees F and locate a 9x13 baking pan.

First, sit the strawberries out at room temperature to thaw for more than an hour. If you need to, you can pop each box into a microwave, on 50% power for 2 minutes and again for 1 minute until thawed, but not cooked. Set aside.

You can crush the pretzels in a food processor or put them in a sealable plastic bag and crush them with a rolling pin or heavy skillet. Put them in a bowl and add the sugar. Melt the butter by cutting it up into small pieces and putting it in a sauce pan over medium heat. Stir constantly until melted or you can put pieces into a microwave safe container and microwave for 15 seconds at a time until it is melted. Pour the melted butter over the pretzels and sugar and blend well with a wooden spoon or spatula. Pour into the baking pan and press down evenly on the bottom, but not up the sides. Bake for 15-18 minutes and remove from the oven to cool.

Locate a strainer and a bowl to catch the pineapple juices as it drains because you to catch all the juice. Open the can and allow the pineapple to drain. Squeeze it with you hand to make it go quickly and get out most of the juice. Put the drained pineapple into a small bowl. Set aside the bowl of drained off juice. Rinse out the strainer and get another bowl to catch the strawberry juice. When the strawberries have thawed, drain them and keep the juice and set the strawberries aside.

In a mixing bowl with a wire whisk, beat together the cream cheese and sugar. When they are well blended, use a spatula to fold in the whipped topping. If the pretzel crust is still too warm, set the topping aside until the crust has cooled. If the pretzel crust is cooled you can spread this mixture gently over the crust. Place in the refrigerator for now.

Pour the drained pineapple juice into a 1 cup measuring cup. If necessary, add water to make 1 cup. Pour this into a small saucepan and bring to a boil. Pour into a mixing bowl and add the gelatin, stir for 2 minutes to dissolve. Pour the reserved strawberry juice into a 2 cup measuring pitcher. If necessary, add enough water to make 1-1/2 cups. Stir this juice into the jello mixture and put in the freeze to begin to set, about 10 minutes or so. When it has started to get firm, stir in the pineapple and strawberries. Spoon this mixture over the cream filling and gently even it out. Cover and refrigerate for 5 hours or overnight.